



The Tapping Solution TO *Create Lasting Change* A Guide to Get Unstuck *and* Find Your Flow BY JESSICA ORTNER

INTRODUCTION

- Admittedly, from the outside my life did look good. A few weeks before, my first book, *The Tapping Solution for Weight Loss & Body Confidence*, had become a *New York Times* bestseller. Since the book's release, I'd appeared on television, been interviewed by major magazines and celebrated by followers, friends, and family. Privately, though, I'd been struggling, overwhelmed by the attention and anxious that I couldn't meet what felt like mounting expectations. (Page 9)
- It's what we often do when we're faced with new circumstances. We expect ourselves to be resourceful and productive when, on a deeper level, we're overwhelmed by a primal fear of the unknown. (Page 10)
- We get stuck in our old limiting responses to change. When that happens, we're likely to sabotage even change we desire and set out to create. That's the primitive brain at work, trying to protect us from the intense discomfort we feel around the uncertainty of change. (Page 11)
- Using Tapping, you can reassure the mind-body that you are safe, creating the lasting change you desire. With Tapping you can make peace with the fact that change, including manifesting your desires, is unnerving. Instead of judging your emotions, you can feel and release them and create movement that supports your growth and expansion, both internally and externally. (Page 12)

CHAPTER 1: WHY WE STAY STUCK

- It's what we often do when we're stuck in the pattern of panic. We hold on to that panic, thinking that if we could criticize ourselves enough then maybe something will change. We try to hate ourselves happy. We try to stress our way to resolution without realizing that very stress is what's keeping us stuck. We then look for solutions outside of ourselves. We search for a "fix," when what we truly need is to go within. (Page 25-26)

- The question is, how can we get unstuck and rediscover our flow—a state of ease as we navigate change—not just briefly but for the long term? The answer is the same one we’ve had all along. We get unstuck by embracing change, but not in the ways we’ve attempted in the past. To manifest lasting and fulfilling change, we first have to re-create our entire experience around change. (Page 26-27)
- Unfortunately, getting out of the pattern of panic can be challenging. Since our panic registers on emotional, mental, and physical levels, we can’t simply talk ourselves out of it. The good news is, we have 24/7 access to a powerful resource for rewiring the primitive brain—the body! (Page 29)
- I had an honest conversation with myself and realized the panic, worry and brute force I was trying to use to change just wasn’t working. (Page 30)
- Because I’d used Tapping to shed my panic, I could get in touch with myself on a deeper level, and move forward in positive, empowering ways. (Page 31)

CHAPTER 2: MOVING TOWARD FLOW

- Flow is about ending the struggle to always go, do, and be more so that we can sense when to take action and when to rest and reset. (Page 36)
- Each time, the words I love and accept myself would get caught in my throat, and tears would roll down my face. I had worked so hard at trying to change and improve myself that self-acceptance felt counterintuitive. Why would I love and accept myself when I so desperately wanted to change? (Page 37)
- My quest for self-help turned into self-punishment because I was missing a key ingredient: self-compassion. I was great at feeling compassion for others, but refused to give any to myself. That refusal kept me stuck in the pattern of panic. (Page 37)
- By trying to ignore negative feelings or judge ourselves for having them, we simply give them permission to control us and our behavior. When we resist our negative thoughts and emotions, when we try to force ourselves into positivity, our negative emotions gain more power over us, not less. (Page 39)



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- Simply put, if it isn't pleasurable, it's not sustainable. That's the magic of falling in love with the process of finding flow. We open ourselves to the magic the Universe has to offer us, and without even noticing, we achieve our goals faster and more easily than we ever imagined. (Page 40)

CHAPTER 3: IS YOUR CRITICAL VOICE FRIEND OR FOE?

- Let's also be honest about something—the critical voice is exhausting! It's a ruthless taskmaster, always demanding more, better, faster. As a result, the process of moving toward our goals and desires doesn't feel enjoyable. Instead it feels harsh and limiting. (Page 46)
- Using Tapping, we can begin to open up to ways of turning the critical voice from our inner bully into our inner ally. It's a gradual process. (Page 49)
- When we have an idea, a vision of what we want, we create a spark in side ourselves. When that vision doesn't materialize in the physical world fast enough, too often we let our critical voice throw a damp blanket on that inner spark. To manifest that desire, we need to nurture the spark, not deprive it of oxygen through judgment and criticism. (Page 51)

CHAPTER 4: NAVIGATING THROUGH FEAR AND UNCERTAINTY

- Once we lessen the intensity of our fear, we can objectively consider whether our limiting beliefs are actually true. Once we realize that they are just beliefs, not the truth, we're free to take on new and more empowering beliefs that support us in finding our flow. (Page 56)
- Because of that fear of the unknown, we may act like a deer in headlights. Rather than getting curious about what's next, we freeze in the face of everything that we don't know. We get stuck in fear. (Page 57)
- Every trial and every error eventually led us to the answers we needed. It was through taking imperfect action that we gained the clarity we needed to move forward. (Page 57)
- I often wonder if we shouldn't let go of the word failure altogether. It's such a silly word that holds so much emotional weight. You didn't fail; you had expectations that weren't met, and you feel disappointed. You label that experience as "failure" when someone else might view it as information, a stepping-stone to something better. (Page 58)



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- Every one of the best things in my life has been the result of movement and magic. However, that magic only became available *after* I did something (or many things!) to create movement in my life. (Page 59)
- By letting fear of uncertainty prevent us from moving forward, we also rob ourselves of the chance to discover a different path or direction based on the new information that we receive. (Page 59)

CHAPTER 5: CREATING SPACE FOR LASTING CHANGE AND FLOW

- But also, without clutter overloading our senses, it's easier to think creatively. Without clutter it's also easier to focus and find things, both of which can increase productivity. (Page 71)
- In my experience of that time and the many years since, I have found that there's a magic that happens when you clear clutter. It's not just about getting rid of stuff; it goes deeper than that. It impacts the brain, for sure, but also our emotional and spiritual well-being. By creating space in our physical environment, we create space for the change and flow we desire. (Page 71)
- Most importantly, by releasing what doesn't serve you, you free up space and energy for the experiences you do wish to create. (Page 73)

CHAPTER 6: HOW HEALTHIER RELATIONSHIPS SUPPORT CHANGE

- Sometimes we may hesitate to take action and make changes because of how others might react. Also, to get unstuck we have to gain clarity and create movement. That takes energy. Similar to how external clutter stifles flow, relationship stress drains us of the energy we need to create the change we desire. (Page 82)
- As you begin to look at your role in your relationships, keep in mind that your primitive brain is hardwired to fear social rejection and isolation. Some of the patterns you've developed in relationships may not be ideal, but they have enabled you to be accepted. If the idea of changing them is scary, that's because your primitive brain fears that you'll be left out of the group, which it still thinks is life-threatening. (Page 83)



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- Drama is a way of attempting to create love and connection, which is a healthy, natural impulse that we all share. What's unhealthy is trying to meet that need through drama, in part because of the very real physical consequences that drama produces. (Page 93)
- Most of us learned how to gossip at a young age, and quickly noticed that it creates a fast, although fleeting, sense of connection between people. Gossiping is an easy way to be part of the group, which relieves our primal fear of social isolation. (Page 94)

CHAPTER 7: MAKING ROOM FOR YOU

- When we're stuck in the pattern of panic and avoiding self-care, we're also more prone to prioritizing others' happiness over our own. It's ironic, really, because we can't give what we don't feel ourselves. (Page 98)
- We don't ever want to erase or mute that voice inside us; it's a necessary part of our survival instinct. Our goal instead is to listen to what the critical voice has to say without giving it power over us. We can also learn to do the same with others' negative reactions to our boundaries. Although saying no may feel uncomfortable at first, Tapping allows us to let go of that discomfort. Over time, each no becomes easier. (Page 101)
- In a culture that emphasizes achieving over being, it's easy to get lost in the idea that pushing will get us farther. The reality is, the more we push, the faster we experience burnout. (Page 103)
- By making self-care a higher priority, we're better able to know what we need and what we want. At that point we can set powerful intentions for creating lasting change. (Page 106)

CHAPTER 8: DUMP THE PRESSURE AND FALL IN LOVE WITH LIFE

- Sometimes we get attached to an outcome, or goal, without noticing that what we really want is to *feel* a certain way. On a conscious level, we know that outcomes don't automatically deliver inner peace, fulfillment, and other desired emotions. Still, though, we sometimes get attached to specific outcomes because we assume that achieving a certain goal will deliver whatever emotions we want to feel. (Page 111)



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- The true power of manifesting comes from attaching to the emotions we want to feel while detaching from how we think we need to reach that goal or exactly what it needs to look like. (Page 111)
- To be a powerful part of your life, the sum of your intentions, which we'll call your vision, has to nourish you and encourage you to grow, just like the plant that has to grow in a new direction in order to find the sun. (Page 121)

CHAPTER 9: GETTING PAST PROCRASTINATION

- Procrastination is simply a symptom of deeper challenges we're trying to avoid, and it's those deeper issues that we ultimately have to address in order to create lasting change. (Page 125)
- It often seems easier to blame ourselves for *being* procrastinators than to look at the deeper issues that drive us to procrastinate. However, by overlooking the underlying causes of procrastination, we rob ourselves of the opportunity to notice why we're putting off the small tasks and big dreams we *know* are important. When we avoid those deeper truths, we stay stuck in procrastination. (Page 125)
- We live in a culture that's so focused on doing and achieving that we often forget to notice one thing—we're human. Instead of acknowledging our basic human limits, we take on superhuman to-do lists and then call ourselves procrastinators because we didn't get it all done. (Page 131)
- Sometimes we're scared to even try to realize our dreams because success doesn't feel safe. That's because it requires us to shine. To be successful we have to put ourselves out there and, in the process, risk being ridiculed and rejected. (Page 131)
- What Tapping does is provide clarity around which action to take and how to move into it. It also provides more ease and willingness around creating that movement in your life. That unto itself is huge—each little (and big) step forward makes all the difference! (Page 137)



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CHAPTER 10: EVERY STEP COUNTS

- We need to get to a place where we can continually take action and not feel disappointed or like we're failing when the desired outcome doesn't happen overnight. When it comes to realizing a larger vision, it's taking one step after another that makes all the difference. (Page 142)
- Our vision, the sum of our intentions, acts as the sunlight we grow toward. That vision nurtures and inspires us. It motivates us to try things, even when those things are outside our comfort zones. Our vision is *why* we create movement in our lives. (Page 142)
- One of the most common blocks to practicing consistency often surprises people. It's not schedule overload or lack of motivation or energy. It's perfectionism. (Page 143)
- An unhealthy fear of criticism often comes from an unhealed event in the past that caused us pain. Hoping to avoid feeling that pain again, we resolve to work hard at being perfect. Since perfection is unattainable, however, we end up causing ourselves additional pain. (Page 147)
- When we assign meaning to the process of being consistent in any part of our lives, we transform something we've dreaded into a source of mental, emotional, and physical nourishment. We add ease and flow to the experience of taking consistent action. (Page 150)

CHAPTER 11: TRUSTING LIFE

- Your trust in life is the foundation of your flow. It's ultimately what will best support your growth and evolution, and your ability to realize the most fulfilling outcomes in your life. (Page 156)
- During especially challenging times, we experience waves of doubt, so we first have to rely on our courage. We have to take action with blind faith, trusting that somehow, in ways we can't yet imagine, things will work out. (Page 157)
- Courage is what fuels us when our trust in life isn't yet strong enough to support whatever movement we're creating, or whatever vision we're growing toward. Courage is what takes us to that next level. It's what allows us to gain the experience that will eventually expand and strengthen our trust in life. (Page 157)



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- When you catch your brain trying to scare you out of creating movement and making changes that feel too big and uncertain, too slow, or too challenging, you can sit back and say, “Ha! I caught you! I know you’re trying to protect me. I’m here to remind you it’s safe for me to change.” (Page 158)
- It’s through navigating past, present, and future change cycles, as well as trial and error, with this greater awareness and self-acceptance that, over time, we develop more courage to create movement and change in our lives, and through that, resume our flow. (Page 160)

CONCLUSION

- None of us are perfect, nor are our lives. But we grow and evolve, we rediscover our flow, and respond in new, empowering ways to old, familiar challenges. From there, we can harness our power to create positive, lasting change. (Page 164)
- Even now, the blessings born through challenging experiences continue to unfold according to their own divine timing. That’s how life works. We gain trust in retrospect. We solidify our foundation after we expand beyond our current limitations. (Page 165)



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